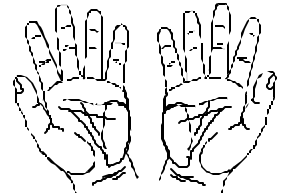


Handwashing Highlights

To **prevent** foodborne illness, it is important to wash your hands often. Even though your hands may look clean, they are **probably** not germ-free.

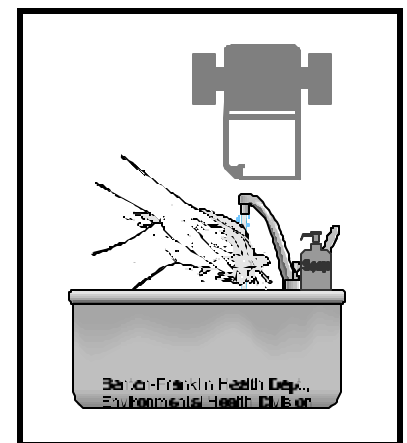
Germ, such as **bacteria** and **viruses**, are picked up easily, so think of your **hands as always contaminated**. The number one source of food contamination is from **bacteria** carried on hands or gloves. Remember **gloves** and hand sanitizers are not substitutes for handwashing.



Handwashing supplies such as soap and paper towels must always be available.

Follow these steps to wash your hands:

- ♻ Wet hands with **warm** water
- ♻ Use plenty of hand soap
- ♻ Lather and scrub hands, including fingernails, thoroughly
- ♻ Rinse hands under **warm** running water for at least 15 seconds
- ♻ Dry hands with **paper** towels or an air dryer
- ♻ Turn the faucet off with a **paper** towel.



Handsinks must only be used for handwashing. Never fill a handsink with dishes or other items, or use it for food preparation.

Always wash your hands:

- ☞ Before you prepare food;
- ☞ Before you touch anything used to prepare food;
- ☞ Before you put on a new pair of gloves;
- ☞ After using the restroom (*wash your hands in the restroom and when you get back to your work area*);
- ☞ After you work with raw meat, fish and poultry;
- ☞ After you handle garbage;
- ☞ After you touch your face, hair or body; and
- ☞ Anytime you handle an unclean item or otherwise contaminate your hands.